

Buddhist Precepts Taken by Members of BGKT Buddhist Group of Kendal (Theravada)

18 December 2025

Theravada Buddhism offers several different sets of Precepts.

Buddhist Precepts in Theravada Buddhism

weblink <https://archive.org/details/buddhist-precepts-in-theravada-buddhism>

Buddhist Precepts in Theravada Buddhism

weblink <https://www.buddhistgroupofkendal.co.uk/buddhist-precepts-in-theravada-buddhism/>

Members of BGKT Buddhist Group of Kendal (Theravada) have taken the Precepts described below.

Panca Sila (The Five Precepts)

Panca Sila (The Five Precepts) are the minimum requirements for lay practitioners in Theravada Buddhism.

Venerable Balangoda Ananda Maitreya *Mahanayaka Thera Abhidhaja Maharatthaguru Agga Maha Pandita* (1896-1998), Venerable Narada *Maha Thera* (1898-1983), Venerable Henepola Gunaratana *Maha Thera*, Venerable Witharandeniya Kassapa *Maha Thera*, and Venerable Pidiville Piyatissa *Maha Thera* have administered *Panca Sila* (The Five Precepts) to attendees of the Buddhist Group of Kendal (Theravada). They gave the Buddhist names Sudharma, Sumedha, Mahinda, Punna, Dhammika, Jotima and Nanda to *Upasakas*; and the names Jayasili, Chanda, Sumana and Sunanda to *Upasikas*. (*Upasika* Panna was given her name by Bhante Henepola Gunaratana *Maha Thera* when she took the Eight Lifetime Precepts (see Eight Lifetime Precepts below).)

Ajivatthamaka Sila (Eight Precepts with Right Livelihood as the Eighth)

Venerable Pidiville Piyatissa *Maha Thera* Head of Ketumati Buddhist Vihara Manchester, has administered *Ajivatthamaka Sila (Eight Precepts with Right Livelihood as the Eighth)* for life to *Upasaka* Sumedha and *Upasaka* Mahinda in 2000, *Upasaka* Punna in 2002, and *Upasaka* Nanda and *Upasika* Sunanda in 2022.

At Ketumati Buddhist Vihara's Wesak Celebrations on 14 May 2006, Venerable Piyatissa *Maha Thera* presented cream sashes to *Upasakas* Sumedha, Mahinda and Punna who undertook the *Ajivatthamaka Sila* for Life with Venerable Piyatissa as Preceptor (in 2000 and 2002), and to *Bodhicarini Upasika* Jayasili (who undertook an expansion of the *Ajivatthamaka Sila* with Venerable Balangoda Ananda Maitreya *Mahanayaka Thera Abhidhaja Maharatthaguru Agga Maha Pandita* (1896-1998) as Preceptor). These sashes must be worn when they administer *Panca Sila* (The Five Precepts) in the absence of a *Bhikkhu* (Monk), or *Ayya* (Nun).

Eight Lifetime Precepts

Bhante Henepola Gunaratana *Maha Thera* is one of the Spiritual Advisors to BGKT Buddhist Group of Kendal (Theravada).

In June 2007 *Upasika* Panna received the Eight Lifetime Precepts (an expansion of the *Ajivatthamaka Sila*) from Bhante Henepola Gunaratana Maha Thera at Gaia House Devon UK, and a cream sash from Venerable Piyatissa Maha Thera. (see *Ajivatthamaka Sila* for Life Cream Sashes below)

Atthangika Uposatha Sila (Eight Uposatha Precepts)

Venerable Pidiville Piyatissa *Maha Thera* Head of Ketumati Buddhist Vihara Manchester UK, has administered *Atthangika Uposatha Sila* (Eight *Uposatha* Precepts) to attendees of the Buddhist Group of Kendal (Theravada) at meditation retreats.

Attendees have also observed these Precepts at other retreats and monasteries

A member regularly observes these Precepts on *Uposatha* Days.

CMDM Cumbria Moon Day Meditation

The three Theravada Buddhist Groups in Cumbria (Carlisle, Kendal and Keswick) have started meditating at the same time 7-9 pm on the four *Uposatha* days (Full, New and the two Half moon according to the Forest Sangha calendar).

CMDM Cumbria Moon Day Meditation

weblink <https://www.buddhistgroupofkendal.co.uk/cmdm-cumbria-moon-day-meditation/>

Navanga Uposatha Sila (Nine Uposatha Precepts)

A Myanmar [Burmese] *Upasika* who used to live in Kendal and attended the Buddhist Group of Kendal (Theravada) observes these Precepts.

Bodhicari Precepts

Bodhicarini Upasika Jayasili Jacquetta Gomes received the *Bodhicari* Precepts from Venerable Balangoda Ananda Maitreya *Mahanayaka Thera Abhidhaja Maharatthaguru Agga Maha Pandita* (1896-1998) in 1994.

Ketumati Buddhist Vihara's Wesak Celebrations on 14 May 2006

Ketumati Buddhist Vihara's Wesak Celebrations on 14 May 2006, included the distribution of the booklet *Requirements and Ceremonies for the Five Precepts (Panca Sila), The Eight Precepts with Right Livelihood as the Eighth (Ajivatthamaka Sila), Dhamma Teachers Certificate*, issued by the Buddhist Group of Kendal (Theravada) and Ketumati Buddhist Vihara at Wesak 2006.

Ajivatthamaka Sila (Eight Precepts with Right Livelihood as the Eighth) for Life Cream Sashes

At Ketumati Buddhist Vihara's Wesak Celebrations on 14 May 2006, cream sashes were presented to *Upasakas* Sumedha, Mahinda and Punna who undertook the *Ajivatthamaka Sila* for Life with Venerable Piyatissa as Preceptor (in 2000 and 2002), and to *Bodhicarini Upasika* Jayasili Jacquetta Gomes (who undertook an expansion of the *Ajivatthamaka Sila* with Venerable Balangoda Ananda Maitreya *Mahanayaka Thera Abhidhaja Maharatthaguru Agga Maha Pandita* (1896-1998) as Preceptor). These sashes must be worn when they administer *Panca Sila* (Five Precepts) in the absence of a *Bhikkhu* (Monk) or *Ayya* (Nun). (In June 2007 *Upasika* Panna received the Eight Lifetime Precepts (an expansion of the *Ajivatthamaka Sila*) from Bhante Henepola Gunaratana Maha Thera at Gaia House, and a

cream sash from Venerable Piyatissa.) Cream sashes have also been presented to *Upasaka* Nanda and *Upasika* Sunanda who undertook the *Ajivatthamaka Sila* for Life with Venerable Piyatissa as Preceptor in 2022

Sangha Authorized Dhamma Teacher badges

At Ketumati Buddhist Vihara's Wesak Celebrations on 14 May 2006, Venerable Piyatissa Maha Thera presented *Sangha Authorized Dhamma Teacher* badges to Titus Gomes (authorized at the London Buddhist Vihara in 1980), *Bodhicarini Upasika* Jayasili Jacquetta Gomes (authorized by Venerable Balangoda Ananda Maitreya *Mahanayaka Thera Abhidhaja Maharatthaguru Agga Maha Pandita* (1896-1998) in 1983 in Manchester, and by Venerable Hammalawa Saddhatissa *Maha Thera* (1914-1990) (who at the time was Chief Sangha Nayaka of the UK and the Abbot of the LBV London Buddhist Vihara) in 1984 at the LBV), *Upasaka* Sumedha and *Upasaka* Mahinda (authorized by Venerable Piyatissa in 2001 and 2002). *Upasaka* Nanda received a *Sangha Authorized Dhamma Teacher* badge in 2018.

Bibliography

Articles

"The development and use of the Eight Precepts for lay practitioners, Upasakas and Upasikas in Theravada Buddhism in the West", Jacquetta Gomes, *Contemporary Buddhism*, Volume 5(1) (May 2004) 47-63. (ISSN 1463-9947). DOI: [10.1080/1463994042000249535](https://doi.org/10.1080/1463994042000249535)
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Books

Balangoda Ananda Maitreya, Venerable, and Jayasili (Jacquetta Gomes). *Introducing Buddhism*. 2007. (Taipei Taiwan, The Corporate Body of the Buddha Educational Foundation) (Book code EN074) (This includes the booklet: *Requirements and Ceremonies for the Five Precepts (Panca Sila)*, *The Eight Precepts with Right Livelihood as the Eighth (Ajivatthamaka Sila)*, *Dhamma Teachers Certificate*, issued by the Buddhist Group of Kendal (Theravada) and Ketumati Buddhist Vihara at Wesak 2006)

Available on the Internet

Corporate Body of the Buddha Educational Foundation (Taiwan)

weblink <https://www.budaedu.org/> search for Introducing Buddhism or EN074

Google Books

weblink <https://books.google.com/> search for Introducing Buddhism Jacquetta Gomes

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Buddhist Group of Kendal (Theravada) and Ketumati Buddhist Vihara. *Requirements and Ceremonies for the Five Precepts (Panca Sila)*, *The Eight Precepts with Right Livelihood as the Eighth (Ajivatthamaka Sila)*, *Dhamma Teachers Certificate*, issued by the Buddhist

Group of Kendal (Theravada) and Ketumati Buddhist Vihara at Wesak 2006). 2006.
Available on the Internet

Internet Archive

weblink<https://archive.org/>

Requirements and Ceremonies

February 2010 updated edition

Full text included

<https://archive.org/details/requirements-ceremonies-buddhistgroupofkendal-bgkt-ketumatibuddhistvihara>

Requirements and Ceremonies

May 2006 edition

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